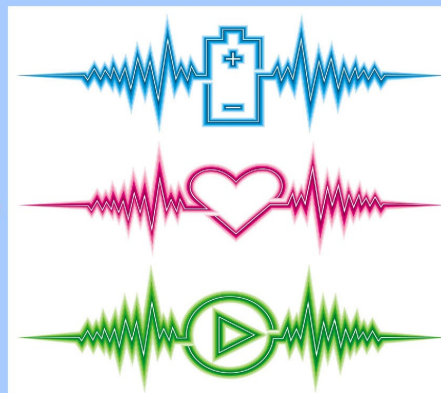


FREE Classes for You!

re: charge

re: juvenate

re: engage



May Schedule

Tuesdays, May 5 - June 9

Powerful Tools for Caregivers

Department of Elder Affairs
6 Week Session: 1:00 - 3:30 each week
Hoover Building, Level A
Registration Required
(Contact PDS at 515-281-5456)

Wednesday, May 6

Surviving & Thriving: Family Caregiving

Department of Elder Affairs
11:30 - 12:30
Wallace Auditorium

Thursday, May 14

Generational Differences

Rita Rizzo of Rizzo & Associates
8:30 - 12:30
Hoover Building, Level A, Conf Rm 5

Thursday, May 14

My Plan After 50[®]

Wisdom Worker Solutions
11:00 - 12:30
Wallace Auditorium

Wednesday, May 20

So Far Away:

Long Distance Caregiving

Department of Elder Affairs
11:30 - 12:30
Wallace Auditorium

Thursday, May 21

How to Get Along in Cubicle Land

Carol Tripp of Merit Resources
11:00 - 12:00
Hoover Building, 3rd Floor, Room 329 & 330
Registration Required
(Contact PDS at 515-281-5456)

Plus Many More May Sessions

- * **Identity Theft:** Tuesday, May 26
(12:00 - 1:00) Wallace Auditorium
- * **1st Time Home Buyers**
Wednesday, May 27 (11:00 - 12:00 & 12:30 - 1:30)
Wallace Auditorium
- * **Change Your Oil! - Healthy Eating**
- * **Be Healthy, Fit & Happy Eating Out**

**Registration not required
except where noted**

Questions or More Information?

Check out or [website](http://learnatpds.iowa.gov) for more information

<http://learnatpds.iowa.gov>

or contact PDS at:

(515) 281-6383 Email: pds@iowa.gov

